



Memory Decline in Middle Aged and Old Aged People

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DESCRIPTION

Memory is defined as "the ability or process of recalling something learned and retained". The ability to remember and recall the past is what connects a person to family, friends and community. Increase in age causes memory changes which occur naturally as part of the aging process. However, these changes can occur sooner or later than expected. These changes are often overlooked, but in some cases can be confusing to that person and others. There are several things that can cause memory problems or exacerbate normal age-related changes. For example, memory changes may be associated with side effects of drugs or existing or ongoing health conditions such as depression, anxiety, sleep disorders, heart disease, brain tumors, blood clots, head trauma, thyroid disease, dehydration, and vitamin deficiencies. In this case, identifying and treatment for that condition can improve the person's memory. However, when memory loss prevents the person from functioning normally in daily tasks and life, it becomes a health problem and requires further evaluation by a health care professional. Many older people worry about memory and other thinking skills. For example, a person may worry that learning new things will take longer than before, or a person may forget to pay bills. These changes are usually signs of mild forgetfulness and are often a normal part of aging and not serious memory problems [1].

Memory and other thinking problems have many possible causes, including depression, an infection, or medication side effects. Sometimes, the problem can be treated, and cognition improves. Other times, the problem is a brain disorder, such as Alzheimer's disease, which cannot be easily treated with medications. Finding the cause of the problems is important for determining the best course of action. Once a person knows the cause, they can make the right treatment plan. People with memory problems should make a follow-up appointment to check their memory every six to 12 months [2]. They can ask a family member, friend, or the doctor's office to remind them if they're worried they'll forget. Forgetfulness can be a normal part of aging. During the aging process changes occur in all parts of the body, including the brain will occurs. As a result, some people find it takes longer to

learn new things, they don't remember information the way they used to or they lose their glasses. These are usually signs of mild forgetfulness, not serious memory impairment such as Alzheimer's disease. Memory impairment that begins to interfere with normal daily life and activities is not considered normal aging. Forgetting small things is a simple sign of forgetfulness, confusion, or normal aging [3,4].

The memory loss and thinking problems that occur in Mild Cognitive Impairment (MCI) or dementia are not normal aging. Researchers now believe that for some individuals, mild cognitive impairment is a main cause which leads to dementia, a stage between normal aging and the mental changes seen in early-stage dementia. Not everyone diagnosed with mild cognitive impairment will develop dementia. The following highlights some of the abnormal changes in memory that are seen in MCI and dementia. Memory problems in people with mild cognitive impairment forgets recent events, repeats the same questions and the same stories, sometimes forgets the names of close friends and family members, frequently forgets appointments or planned events, forgets conversations, misplaces items often, has difficulty understanding written or verbal information. Needs to write reminders to do things or else will forget. People with memory loss may struggle but can complete complex tasks such as paying bills, taking medications, shopping, cooking, household cleaning, driving and has many important memory impairments but can still function independently [5].

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